



Fall Newsletter 2007

For more information, please talk to your principal or
visit www.hearthighway.org/gms

Back to School: Gold Medal Fashion

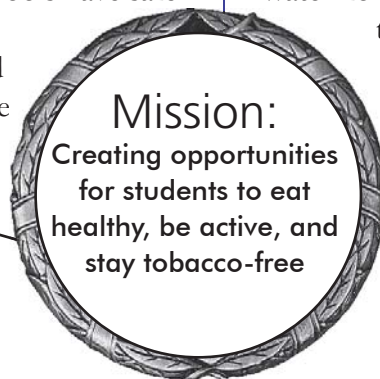
Welcome to a new year of the Gold Medal Schools (GMS) program. GMS is working to improve the health of Utah's kids. And by participating, your school is making changes to create a healthier atmosphere for your students and staff. After all, studies show that healthy kids make healthy learners.

Gold Medal Schools have safe routes to school, offer healthy food choices, encourage physical activity, fight tobacco

use, and reward kids with non-food items. Each school determines the pace of the program with help from mentors, principals, a teacher or PTA member, food service staff, and local and state health departments.

Get to know us better by visiting www.hearthighway.org/gms.

Watch for your school's successes throughout the year. View our seven-minute video explaining the GMS program.



Red Ribbon Week

Secondhand smoke exposure can cause respiratory symptoms in children and slow their lung growth. Make sure your school is dedicated to being a drug-free one by participating in Red Ribbon Week, October 20-28th. This year's theme is "Look at me, I'm drug free." Participation also fulfills a GMS criterion, putting your school one step closer to GMS status.

Visit the Red Ribbon Week Web site at: www.preventionpartners.com/events/red_ribbon_week.cfm for ideas for getting your kids involved.



The 2007-2008 school year marks Gold Medal Schools program's seventh year in elementary schools.

To date 303 schools, 150,096 students and 6,785 teachers have participated in the program.

Does Your Child Have Asthma?

Wheezing, coughing, shortness of breath. These are all signs of asthma. If your child has been diagnosed with asthma, help them be successful at school by:

- 1- Filling out a self-administration medication form and turning it in to your school.
- 2- Working with your health care provider to create an asthma action plan.
- 3- Inviting PE teachers and coaches to visit: www.WinningWithAsthma.org, an online educational program.
- 4- Ensuring your child is up-to-date on their vaccines.



Visit: health.utah.gov/asthma/Backtoschool.html to download the forms and get more information.

September's GMS of the Month: Recess Before Lunch A Success

Coral Cliffs Elementary of St. George was chosen as September's GMS of the Month. Last year Coral Cliffs switched to having recess before lunch to help them achieve the Gold level. Mikelle Moody, an 8th grade Snow Canyon Middle School student, decided to test the success of this premise for her Science Fair project. She compared the amount of lunch trash between two similar elementary schools – the first (Coral Cliffs) with a lunch after recess policy, and another with no policy. The two schools are near each other and have similar student populations. Though the menus at each school were the same daily, the student found a big difference between the amount of waste left over.

Day 1 - Coral Cliffs 59 more students, 30 lbs. less waste

Day 2 - Coral Cliffs 27 more students, 1 lb. less waste

Day 3 - Coral Cliffs 48 more students, 9 lbs. less waste

Day 4 - Coral Cliffs 34 more students 14 lbs. less waste

Day 5 - Coral Cliffs 43 more students, 18 lbs. less waste

Even though Coral Cliffs consistently had more students eating lunch, they always had less trash. It was obvious that students eat a better lunch and less food is wasted if the school has recess first.

Coral Cliffs Elementary teachers and students look forward to going for Platinum this school year, and have plans to work even harder to build a lasting, healthy environment.

A GMS of the Month is a school that has gone above and beyond to implement the GMS program. Each 'school of the month' is featured on our Web site at: www.hearthighway.org/gms/month.html. All students at the winning schools will also receive mini Frisbees during the month.

Nominate your school by sending a description of why your school should be chosen as a GMS of the Month to GMS@utah.gov.

"Having lunch after recess gives students more time for enjoying their food as opposed to gulping down lunch so they can get outside to play."

-Teria Mortensen, Coral Cliffs Elementary

Benefits of Recess Before Lunch

- Students drink more milk and eat more of their lunches.
- Additional teacher supervision is available on the playground during lunchtime recess.
- Students seem more ready to settle down to classroom activities after eating lunch.



Welcome New Schools

Gold Medal Schools would like to welcome all of the schools* that are new to the program this year, and wish them the best as they strive to improve their school's health culture.

A list of all participating schools is available on our Web site at: www.hearthighway.org/pdfs/0708Schools.pdf

Alpine School District
Deerfield Elementary

Carbon School District
Bruin Point Elementary

Davis School District
Antelope Elementary
Kaysville Elementary
Knowlton Elementary
Snow Horse Elementary
Wasatch Elementary
Woods Cross Elementary

Grand School District
Red Rock Elementary

Granite School District
Gerald Wright Elementary
Lake Ridge Elementary
Spring Lane Elementary

Jordan School District
Brookwood Elementary
Granite Elementary
Herriman Elementary
Jordan Valley School
Majestic Elementary
Sunrise Elementary

Murray School District
Parkside Elementary

Nebo School District
Riverview Elementary
Salem Elementary

Ogden School District
Polk Elementary
Salt Lake School District
Hawthorne Elementary
Newman Elementary
Rose Park Elementary
Uintah Elementary

Tintic School District
Callao School

Tooele School District
West Elementary

Washington School District
Red Mountain Elementary
Hurricane Elementary

Weber School District
Roosevelt Elementary

Charter Schools
Freedom Academy
George Washington Academy

Private Schools
Madeleine Choir School
Redeemer Lutheran School
St. Vincent DePaul School

*As of 8/31

Same Contest, New Name

Don't be fooled. 5 A Day got a new name; It's Fruits and Veggies—More Matters™, so this year's contest will be called the Kids' Fruits and Veggies Recipe Contest.

GMS is proud of two of our Gold Medal students—Crystal Krall, of Clinton Elementary, and Katrina Ware, of Rolling Meadows, who won the dessert and salad categories for their entries in last Fall's Kids' 5 A Day Recipe Contest.



Enter for Your Chance to Win!



View their recipes and others, and learn how your recipe can be included in this year's cookbook by visiting www.hearthighway.org/five.html.

We need your help! After checking out our newsletter, take an online survey at the following link for a chance to win a prize!

www.hearthighway.org/gms/gmsinfo.html

How to Get 'Em to Eat More Fruits and Veggies

Moms know that eating fruits and veggies is part of a healthy diet for the family. Still, most kids don't eat the recommended amount of fruits and veggies. Try some of these tips to encourage kids to eat more:

- **Keep 'em accessible.** Try a bowl of fresh fruits on the counter, or snack bags in the fridge
- **Include them in every meal**— entrees, side dishes and soups, or top off cereal and yogurt.
- **Include children in grocery shopping** and let them choose fruits and vegetables for meals and snacks.
- **Set a good example** with your own snack and meal choices.
- **Try exploring different textures** of fruits and vegetables. Some children prefer smooth food, others prefer a crunch, like raw veggies with a light dip. Mix new ideas with old favorites.
- **Keep trying.** For some foods, it may take multiple times before a child acquires a taste for it.



Pick up some of these tips and more by visiting: www.fruitsandveggiesmorematters.org, a new site geared toward busy families.

Walk to School Day

National Walk to School Day is October 3rd this year. For more information on Walk to School Day, visit: www.walktoschool.org.

Walk to School Day is a good time to educate parents about forming a "Walking School Bus."

A "Walking School Bus" is a great way for students to walk to school safely under the supervision of adults. Each walking bus has an adult "driver" at the front and an adult "conductor" bringing up the rear.

The children walk to school in a group along a set route picking up additional "passengers" at specific "bus-stops" along the way. A walking bus typically consists of between 15-20 children and will need a pool of 6-10 parents to supervise the "buses."

Benefits of "Walking School Buses" include:

- Reduced traffic in the morning
- More peace of mind for parents
- Morning exercise for children

5 Steps to Setting up a Walking School Bus in Your Neighborhood:

- 1- See if your kids like the idea.
- 2- Talk to other parents at the school to find out if they are interested.
- 3- Discuss it with your school administration. If they like the idea, they can work with the parents who are interested in getting involved with the project.
- 4- Use your school's Safe Routes to School plan to find a good walking route.
- 5- Make sure your children get on the bus when it launches.


IntermountainSM
Healthcare


Utah
Department
of Health